VOL I No. 9 Naval Regional Medical Center, Orlando, Florida 1 August 1979

NRMC CHANGES DAS

RETIRED

CDR L. H. Turbiville, MSC, USN

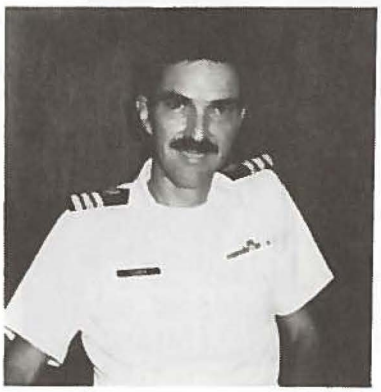
Commander Turbiville has served as Director of Administrative Services at Naval Regional Medical Center, Orlando, since May 1976.

Commander Turbiville enlisted in the Navy on 18 June 1948. During his career, he advanced through the enlisted ranks to Chief Petty Officer and was commissioned as Ensign in the Medical Service Corps on 7 October 1961. He was promoted to his present rank on 1 May 1976. Commander Turbiville has served in every facet of hospital corps from ward corpsman to independent duty. He attended Medical Administrative Technician School at Naval Hospital, Portsmouth, Virginia and Chemistry School at NNMC Bethesda.

Some of his many duty stations as an enlisted man include NTC San Diego; Naval

(Continued on Page 7)

REPORTED



CDR C. R. Loar, MSC, USN

Commander Loar reported to the Naval Regional Medical Center, Orlando from the Bureau of Medicine and Surgery. At BUMED he served as the Director, Health Care Administration Division from March 1976 until the reorganization early this year. At that time, he assumed the billet of Director, Quality Assurance Division. Prior to his BUMED tour, Commander Loar served at NNMC Bethesda from 1973 - 1976. At NNMC, he served as the Regional Health Care Coordinator and Fleet Medical Liaison Officer.

Commander Loar first enlisted in the Navy on 12 January 1953. He attained the enlisted rank of Yeoman First Class and was commissioned in the Medical Service Corps on 23 August 1965. During broken service, he held various positions in the civilian health care field. He was Assis-

(Continued on Page 7)

JULY PERSONNEL INSPECTION

Noted for excellence:

LCDR F. ISAAC, MC
CWO2 R. HAMBY, PA
HM2 A. R. MAYO
HM3 L. C. MAAHS
HA R. A. DYSON

CONGRATULATIONS, REENLISTEES!

HM3 Dorene MORRILL, USN, on 17 July
HM3 Linda R. PHILLIPS, USN, on 24 July

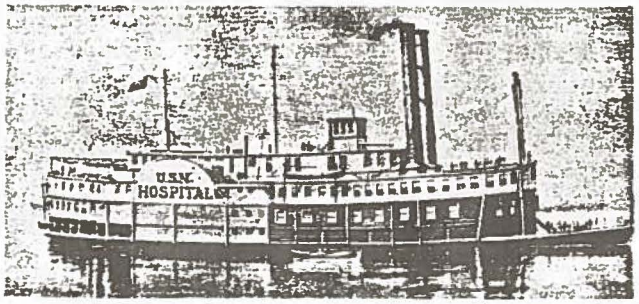
WHOOOIZZIT??

DO YOU KNOW THIS STAFF MEMBER??
(Answer on Page 8)

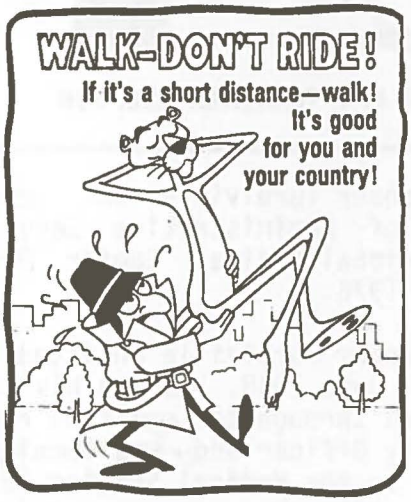
VITAL SIGNS STAFF

Editor:
HMCM(SS) R. C. Clements, USN
Managing Editor:
Mary V. Van den Heuvel
CDR N. J. Stewart, NC, USN
HM1 J. D. Campbell, USN
HM2 S. P. Foster, USN
HN E. Kehoe, USN

DID YOU KNOW.....



The Navy's first so-designated hospital ship was the Red Rover commissioned during the 1860's. The ship, captured from the Confederates, was a sidewheeler. It was converted into a hospital ship at St. Louis and was virtually a "floating palace" for its time. It had elevators between decks, fully equipped wards, well-appointed operating rooms, screened windows, and nine "water closets." The Navy's first female nurses also served aboard the Red Rover.



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Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

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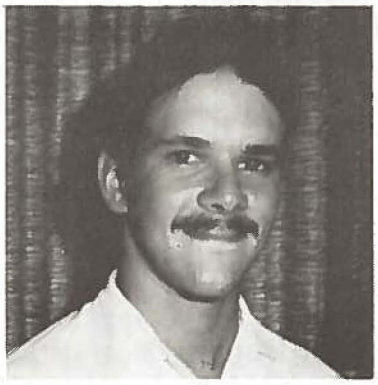
RAMP PAGE!

By HN Eileen Kehoe, USN

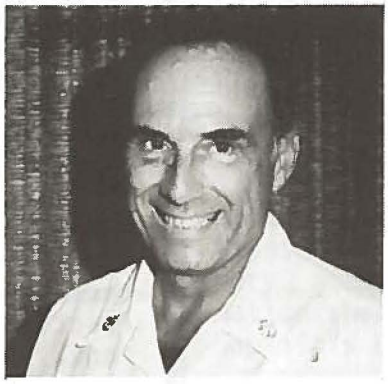
Vandalism.... what's the cure?



HA Gary Schleman, Ward 3: If I was a victim of vandalism, I would go to the CO and press charges and ask for the maximum penalty.

RP3 A. Wright, Chaplain's Asst., Ward 8: I do not think there can be a cure until people learn to be content with what they have and to respect the possessions of others.

Mary M. Ramsey, Wards 5/6: Home teaching and home responsibility is the only cure.



HMC B. McNamer, Radiology: The cure can be very difficult to spell out in simple terms. However, in my opinion, the "cure" should be started back when the child was 3 or 4 years old. At that age, they should be taught to respect each others property, attitudes and ideas. It is almost too late to start training an individual at 18, 25 or 30. Vandalism starts with immaturity and disrespect towards each other. Now is the time to be extreme in the punishment to curb vandalism.

We're Glad You're Here!

CAPT G. Frankhouser, Jr., MC, from NNMC Bethesda
CDR C. Loar, MSC, from BUMED
LCDR L. Julia, MC, from Civilian Status
LCDR J. Navoy, MC, from NRMC Portsmouth
LT E. Truchelut, MC, from Civilian Status
LT W. House, MC, from Civilian Status
LT R. Schneider, MC, from Civilian Status
LT S. Lazoritz, MC, from NRMC Portsmouth
LT J. HELTSLEY, MSC, from FT Sam Houston, Baylor University
LTJG M. Walz, MSC, from Civilian Status
LTJG S. McAnarney, NC, from OCS Newport
ENS R. Miser, NC, from OCS Newport
ENS R. Troxell, NC, from OCS Newport

HM3 M. Duch from Lowry AFB
HR B. Horner from HCS GLAKES
HN V. Nicholas from HCS GLAKES
HM2 T. Thayer from Lowry AFB
HA D. Tomlinson from HCS GLAKES
YN3 A. W. Wright from Keesler AFB
RP3 D. BRYTOWSKI from SSC, GLAKES
HN J. Rodriguez from HCS GLAKES
HM3 W. Macchi from NSHS Portsmouth
HA A. Bedashi from NSHS SDIEGO
HM2 G. Scott from NRMC Memphis
HM2 M. Snyder from Civilian Status
HR D. Desousa from HCS GLAKES
HA P. Denis from HCS GLAKES
HMC B. Bates from 2nd FSSG, FMFLANT

We're Sorry You're Leaving!

LCDR D. Harrel, MC, to NRMC Bremerton
CWO2 J. Rodriguez, PA, to NRMC Subic Bay
LT D. Bailey, NC, to NavHosp Rota, Spain

HM2 C. Culver to FMSS Camp Lejeune
HM2 A. Mayo to FMSS Camp Lejeune
HN T. Williams to NARMC Pensacola
HM3 E. Sanderson to AHS, Ft Sam Houston
HM2 D. Woodburn to NCS, Ponce, PR
HMCS T. Ryan to NRMC Okinawa
HM3 K. Langford, RAD
HM3 R. Frye, RAD
HM3 D. Hardin, RAD
HM2 R. Pott, RAD
HN R. Watford, RAD
HM3 C. Bailey, RAD
HN M. Field, RAD
HM2 J. Nash, RAD
HN D. Carlson, RAD
HM3 J. Sauer, DISCH

the Family Line .....

By CAPT C. Victor Romano, MC, USNR

ODDS AND ENDS

LT Robert Beaty, MC, USN, is a welcome addition to our Family Practice staff. He reported on board 31 July after completing his Family Practice residency training at NRMC Charleston. LT Beaty is not only reporting on board to practice medicine but has had the good fortune and common sense to marry one of our Nurse Corps officers, LT Debbie MacNamee. Congratulations, Bob, and may you have smooth sailing in both of your new assignments!

LT Aurelia Nowak, NC, USN, has also joined the ranks of the happily married by becoming the bride of Captain Tom Nugent, USN (Retired), former CO of NTEC. LT Nugent, nee Nowak, will be leaving the Navy in October. Fortunately, she intends to remain in the Reserve where her exceptional medical talents can be utilized. Hopefully, LT Nugent will be able to spend her Reserve time in Family Practice.

HN Jill Moore recently gave birth to a beautiful baby girl. Congratulations to Jill and her husband, "C.W."

A special "Bravo Zulu" to HM2 Jackson for her dedication, sincerity and patience in helping to improve the running of the clinic. At times, when other people throw up their arms, HM2 Jackson always managed to keep a smile on her face and keep things moving.

A special thanks to HM2 Cotia, who had been temporarily assigned to Family Practice, McCoy, by Recruit Training Command.

A big congratulations to our Pediatric Nurse Practitioner who has been selected for Captain. From all of us to you, Captain, Jean, a "Well Done and Good Luck."

NURSING SERVICE

By CDR N. J. Stewart, NC, USN

(Editor's Note: CDR Stewart is presently a patient at NRMC Long Beach undergoing weight control therapy.)

HOSTILITY

Greetings from NRMC Long Beach! This has been a fantastic and rewarding experience. Have learned a great deal about myself as well as others. We had a lecture by Captain Hoke, Chief of Psychiatry, which I found very appropo for many of us. The lecture was on hostility.

First of all, any emotion which tends to produce intolerable tension and pressures within the human organism, is a product of wrong thinking. Any type of living, any philosophy of life, which adds to inner conflict is incorrect for the individual who harbors it.

Dr. Hoke's formula for hostility goes like this: HOSTILITY = I + S + M + A + S + H. I generates feelings of inferiority, incompetence, impotence in job as well as sex, inadequacy, insecurity, ignorance, powerlessness, helplessness, low self-esteem, decreased status, the feeling of not okay. S stands for the superiority mirage (I'm right, you're wrong), M means martyr (I'm such a nice person, why me?).. .. needs someone else to blame. A stands for anxiety and S for suffering, sad, self-centered (what we call here, the pity pot). H means hostility. The hot form of hostility is an individual out pounding people. The cold form of hostility is in the form of resentment or turning anger inward. Hostility usually travels in a spiral. I generates hostility in another, hostility generates a feeling of inferiority in another and so forth.

So how should we cope with our hostility or criticism? There are a few things we need to remember: I am a fallible human being; my being self is unratable; my being self needs no defense; I am who I am.

Strategy: Listen - because of our ego, many times we do not hear, we feel what is being said. Acknowledge the truth/facts. Truth contents vary. It can be 100% true; it can be part true/part false - 1-97%; or it can be 0% true. When a person is 100% true, just let them know that what they say is right, agree with them. If someone says something false about you, respond to the part that is true or comment that what they say is "partly true," "possibly true" or even "perhaps you are right." If someone says something that is 0% true, be patient with the person, because they usually believe their statement to be true. There is some underlying reason why a person would make a completely untrue statement and the reason may not be evident. Do not become upset or angry with the person until you can ascertain why the person is making an untrue statement. Just remember, when we get upset and disturbed by actions of others, the tension is within ourselves.

FEDERAL WOMEN'S PROGRAM

By Carolyn Smith, NRMC'S FWPM

*** THANKS ***

Thanks to those who returned the survey/information sheets. Response was not as good as hoped for -- only a third returned their sheets.

Captain's Call on 10 July wasn't as good as previous ones. Only three questions were submitted. I received several very good questions on the survey/information sheets that I will submit for next Captain's Call.

Due to low attendance and vacation time, the In-House Program for August has been cancelled. The next program will be on 11 September 1979.

★ ★ ★

Chaplain's Comments

By LCDR W. E. Tumblin, CHC, USN

WHAT PRICE LOVE?

Bennett Cerf tells the story of a young man in Java who spied a beautiful maiden on the high road and followed her. After awhile the beautiful maiden became aware the man was following her and she stopped, turned, asking: "Why do you dog my footsteps?" He replied, "Because I am madly in love with you. You are the loveliest woman I have ever seen. Be mine." She responded, "But you merely have to look behind you and see my younger sister who is ten times more beautiful than I." The gallant cavalier turned and saw as ugly a wench as ever drew breathe in Java. "What mockery is this?" he demanded. "You lied to me!" "So did you," she replied. "If you were so madly in love with me, why did you turn around?"

Loving God supremely is the great commandment of the Bible. This commandment, the foundation of Judaism and Christianity, faces head-on our most basic bias. For human nature is promiscuous in faithfully loving God. We spread ourselves thin when we attempt to relate to God. It's the old approach frequently seen by self-medicators, "If one is good, then more must be better." Faith in one God does not come naturally or easily anywhere upon this planet. Only through perceiving the revelation of God can we crash this bias. We usually switch rather than change our biases.

Living in a world filled with religious slogans, talk shows, and super slick salesmen makes one realize that God-talk can be cheap. Loving God supremely is costly. Jesus reveals the truth of costly love. He linked love of God with obedience to his teaching in John 14:23-24. Faithfully, lovingly binding up the casualties of life is one of the essence of costly love. To serve others is to recognize that one God who is larger than our solitary lives.

LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

We bid farewell to LCDR Eng W. Moy, and wish him the very best in his new assignment at NRMC Portsmouth. Coming aboard in August to replace him will be LT Louis McCann, and LCDR Paul Martel. We welcome them, and also the other medical personnel who have recently joined us.

The new Technicon 15 Multichannel Blood Group System is now operational in the RIF Laboratory and handles a workload of 800 specimens per week. Qualitative abnormalities (G6-PD and Hbs) continue to be simultaneously determined.

Special endocrine tests previously read at a local civilian Lab will now be processed at Bioscience Labs (Van Nuys, CA). A result turn around time of at least 5 days may be anticipated.

With the breakdown of our existing (and well worn!) electrophoresis system (Hb and Protein), all routine samples will be processed at neighborhood military labs at no cost to us. It would therefore help to have urgent specimens specifically marked as such. Procurement of a new Corning Electrophoresis System with improved capabilities is under consideration.

Our new O&P collection kits are now available in all clinics, wards and RIF. Please call in for early replenishments. Adequate patient instructions on collection technique by the originator, remains a significant requirement.

Capabilities for estimation of Urine and Serum Osmolality exist in the chemistry lab. However, a turn around time of at least 1 hour is to be expected on the first specimen, pending instrument calibration.

Family Line "QUOTES"

"Perhaps there is not enough Navy in the 'new' Navy."

C. Victor Romano

(Continued from Page 1)
Commander Turbiville

Hospital, San Diego; Naval Hospital, Houton; NAS Memphis; USS REPOSE (AH-16); USS LST-799; USMC I & I Staff, Oshkosh, WI: USS BEXAR (APA-237), USS JEFFERSON (LST 845), USS NOBLE (APA-218), and Naval Station Sangley Point.

He attended OCS at Newport, served as Chief of Security at Naval Hospital, Portsmouth and NNMC Bethesda; Medical Administrative Officer, MCAS, Iwaukuni, Japan; CIC, Gulfport, Mississippi; Patient Affairs Officer, USS SANCTUARY (AH-17); and as Personnel Officer at NRMC Portsmouth.

Commander Turbiville will reside in Austin, Texas, after retirement.

(Continued from Page 1)
Commander Loar

tant Director, University of Florida Teaching Hospital and Clinics, and Assistant Professor, Health and Hospital Administration. Subsequently, he was Administrator and Executive Vice President at the Baptist Medical Center, Princeton in Birmingham, Alabama. While in Birmingham, Commander Loar was appointed an Adjunct Associate Professor, School of Health Services Administration, University of Alabama, and the George Washington University. He currently is serving as Preceptor for the U. S. Army - Baylor University Graduate Program in Health Care Administration.

Commander Loar, a native of Ashland, Kentucky, is married with four children. He received a Bachelor of Science Degree from Marshall University, Huntington, W.V. and a Masters of Business Administration from the University of Florida. He is a Fellow in the American College of Hospital Administrators and currently serves as the Navy Representative to the Regent at Large.

Commander Loar has been awarded the Navy Achievement Medal and the Meritorious Service Medal.

★★ ★★ ★★

Master Shipmate

HMCM(SS) R. C. Clements, USN

During my tenure as Command Master Chief, there are three goals I would like to accomplish: improve retention, enhance educational awareness and establish better communication within the enlisted ranks.

Retention of the highly qualified, and outstanding performer is the number one priority in the Navy today. It is the responsibility of all supervisors to motivate their personnel toward considering a Navy career. This can be accomplished by counselling, seeking out those who desire greater responsibilities and promoting job satisfaction.

Educational benefits in the Orlando area are unlimited. Required courses for military and professional advancement and other Naval correspondence courses can be ordered through PSBO at NTC. There are a number of colleges available, on and off base, which provide a wide variety of degree programs. The Campus for Achievement office at NTC has a complete list of available courses. During a normal tour at NRMC, one could obtain at least an Associate Degree -- some have qualified for their Master's Degree. Improving your educational background is a must in this technical era. Advancement and job opportunity are greatly improved through additional education.

Everyday I hear members of our command say, "I did not get the word." There are many official means of communicating information: The POD, Instructions and Notices, PA system, beeper system, radios, etc. -- but how effective are they if we don't read or listen! The bulletin board section in the POD provides a variety of information and, once weekly, an addendum for NRMC sports activities is published. Major command evolutions are announced over the PA system. Ask questions, listen to announcements, read all available official publications and YOU WILL GET THE WORD!

★★ ★★ ★★

ASK THE SKIPPER

By CAPT J. A. Zimble, MC, USN

I had the very good fortune to spend this past weekend with a small but mighty contingent from NRMC, ably supported by a NRDC component. The Hospital #1 slow pitch team (the NTC Orlando Champions) fought for the Area IV, South Atlantic Region title during a gruelling two-day marathon. It was a double elimination tournament with the Key West and Homestead championship teams. As a result of an unlucky draw and an incredibly unfortunate juxtaposition of wins and losses, the iron men of NRMC/NRDC wound up playing all of the five games, three on Saturday and two on Sunday, for an impressive take of 35 innings in the Florida sunshine, while the ultimate winner (Homestead) was fortunate enough to play only one game Saturday and two on Sunday.

Hospital #1 played inspired ball and demonstrated commendable team spirit, enduring sweltering heat and marked fatigue. Were the game schedules better spaced, I expect Hospital #1 would be heading for further competition in Charleston.

My good fortune in being with this team, however, had nothing to do with the scores; rather, with the remarkable sense of team spirit and the total commitment to the best interests of the team which each member displayed. It is the same spirit I have noted with all of the other team activities at NRMC.

This weekend my buttons popped, not because of my yet out-of-Navy-specs waistline, but because of distinct pride in those who represented the command so well. In my perception, each teammate is a winner and deserves a hearty BRAVO ZULU!

CRA NOTES

By Joyce Sienia

The CRA's Lucky 13 Party was a sensational success! Everyone had a great time. Our thanks to LT Manley for the delicious pizzas.

The winning numbers for the door prizes were:

Ticket 530431	for	$20.00
530501	"	15.00
530519	"	10.00

This fall, the CRA would like to present another function. What we need is a suggestion from you. We would especially like to hear from you who haven't attended any of our functions. Give your suggestions to your CRA representative.

Birthdays

CRA BIRTHDAY GREETINGS TO: Oliver Bellamy and Lester Moody on 2 Aug; George Houk on 3 Aug; Shirley Graham and Anne Swartout on 7 Aug; William Walker on 7 Aug; Henry Lewis on 10 Aug; Patricia Johnson on 16 Aug; Judith Brooke and Ida Weining on 17 Aug; Mary DeJulio on 19 Aug; Ronald Johnson on 21 Aug; Annie Myers and Dorothy Pompey on 23 Aug; Charles Watson on 26 Aug; Angeline Derby and Dolores Thompson on 27 Aug; Mildred Mansfield on 28 Aug; William Martin on 29 Aug; and Barbara Cheney on 31 Aug.

WHOOOIZZIT?

Carolyn M. Smith

Appointment Desk,
Outpatient Service

NRMC's
Federal Women's Program
Manager